RECOVERY KERNEL

Serieshi yeMaitiro Ekareba.

BHURUGWA REKUTANGIJE KUBATSIRA.

Nechii zvakanyorwa pazviri pasi pekudonzvo kwemaitiro akakosha, asi zvinogona kuita kuti munhu asavimbise.

Uye zvinhu zvinonetsa sei kana zvakagadzirwa kwauri?

Kunogadziriswa zvinhu zvinonzi "nootropic stack" dzainge dzakafanira kuvepo, asi dzakangodaro.

Mano yekurapa yese inomirirwa nemamiriro akaitwa pavakadzi vakanga vasina zvamuri kuita iwe.

Yoga iyi iri yakafanirwa vanhu vasina kunyudza. Meditheni iyi iri yakafanirwa vanhu vane stress, asi vasingaende zvekuparara zvachose. Kufamba uku kuri kwemaererano nevaya vane kushandiswa kwezvinodhaka pasi pehunhu kana kuti vakatanga kupora. Hazviwanzo kusanganisira kufamba kwevanhu vakanyudza kwezana remakore emutambo we *methamphetamine*.

Iri rinoshandiswa ndiro chaiyo. Yakanyorwa kune munhu ane simba rekuti risave zvakanaka. Zvinogona kuita kuti zviitwe zvakasarudzwa zvive zvakakodzera nezvaunotanga nayo. Zvinhu zvekuwedzeredza basa remahara, zviri ikoko izvozvo. Mutengesi wekufamba wakarongedzerwa kuti uenderane nezvauri kushandira.

I. Dambudziko reVakandidzwa Vasingave Kuita Chirwere – Kuzivisa Kusava Kwemararamiro mune Data.

◆ Dhizvo zvakakosha zvekurapwa dzaive dzakagadzirwa pamubvunzo wevanhu vakasiyana uye nechinangwa chisingafanane.

Kana kudzidza kuchitaura kuti 'yoga inodzikisa cortisol uye inoita kuti basa remusoro (prefrontal function) rive nani mukugadzirira kubva kumutsvairo,' vanhu vakatengwa muchinzvimbo dzemhando dzinoverengeka.

* Vanhu vakanga vasina mutsvairo asi vainge vakanganwa.
* Vanhu vakanga vane mutsvairo mudiki kusvika mune wepakati uye vakanga vasina kunyudza kwezuva risati ratangira, pasina mamiriro ekurapa kana imwe nzira.
* Vanhu vari mumamiriro ekugadzirira kubva kumutsvairo akagadzirwa zvakanyanya umo vanowana zvinonzi "nutrition", kuputsa kwemishonga, uye rubatsiro rwemhuri - izvo zvinoreva kuti hazvifaniri kuvigwa kuti zvinhu zveyoga chete zvaanokonzera.

Ivo yevanhu ava: munhu ane makore mashanu ekushandisa methamphetamine zvakanyanya, makore matatu ekushandisa GHB zuva rega rega, kushanda kwekamuti kusingaperi kwemakore mashanu, kushanda kwekamuti kusingaperi kwemakore mashanu, kushanda kwekamuti kusingaperi kwemakore mashanu

(parasympathetic responses) zviripo pakudzoka kwemamiriro ekare.	Haisi chinhu chinosatya. Inguva dzekunyarara panzvimbo yekubatsirwa.
Motivheji inobva mukati uye inogara ichiitika. Munhu anoramba achiita zvaanenge auyeuchwa nekuti anonzwa akanaka. Mubayiro unoita kuti zvinhu zvirambe zvakanaka.	Motivheji inovhiringidzwa nekubatsirwa kunobva kunze nekuti sisitimu yekubhadzwa mukati mune vanhu haigone kuchengetedza basa iri. Munhu anenge asafarira yoga pavakadiki kwevhiki rimwechete anogumisa kuitira pavakadiki kwevhiki rebviri nekuda kwekuti hakuna chinhu chinobatsira mumamiriro ekufunga ane vanhu anozvishandisa kuti vagonakidzwe.
Mugadziri wepfungwa nemuviri wakagadzirirwa kushanda zvakanaka apo munhu asina kunyudza. Mumwe anonzwa kuti muviri wake ari achiita zvaanofanira, uye anenge akanyatsogadzikana panguva yekudzidzisa. Kufamba kwemunhu kunenge kuchisimbiswa uye kunyatsoenderana nemamiriro acho aakange atanga.	System yekutachyon yakagadziridzwa kuti ienderane nemamiriro ekushandiswa kwechinangwa. Muropa wemumuviri unoshanda zvakanaka anonzwa sekuti haasi weako. Mabasa ainge akaitwa nguva dzose apo uri mune mamiriro ekushandiswa, anonzwa sekuita chinhu chisingawanzoitwe, kunetsa, kana kuti asinganzwike zvakaringana apo uri wakachena uye usingashandisi chinhinja.
Kunyarwa-nyarwa mumamiriro ekunze zviri mune dzimwe nzvimbo dzekutandara. Chikoro cheyoga inzvimbo yakanaka yekusangana nevanhu inobatsira pakudzidzisa.	Kusuru hurefu uye kusavanzwa, kunyanya munzvimbo dzinenge dzine vanhu vachiona kuti murume kana murimi ari kushanduka zvakanyanya nekuti vamwe vanhu vanogona kuita zvinhu izvo. Dhikira reiyo yoga inogona kuzonzwa sekuita chinhu chakaipa pamberi pevanhu.
Mhepo yekutanga yemitambo: "Mwedzi 8 weyoga inogona kudzikisa huwandu hwecortisol zvinokwanisika." Izvi zvakakarurama kune vanhu vakaderera mubhuku rekufunda.	Mudzidziso unogona kuita nguva inenge yakareba kazhinji, kunyanya kune vamwe vanhu vane utano hwemuviri husingaite zvakanaka, kuti vave nechinzvimbo chakafanana nemamwe. Data rekudzikisa cortisol remaawa masere harisati zviratidzwe—zvinoita kuti zviratidzane, asi hazvifanire kushandiswa kune vamwe vanhu vane utano hwemuviri husingaite zvakanaka.

Maitiro: Munhu ane kushandiswa kwezvezvinhu anoshandisa yoga kwemwedzi mitatu, haazvitore chero chinhwa, anodaro kuti yoga haibatsire kwaari chete, uye anoita izvi seimwe yehutano hwekuti "hakuna chinhwa chinobatsira," saka anomhara. Chidzidzo chakaratidza kuti yoga inobatsira chakaitwa kwemamwe vanhu, asi kwavari vacho haimbatsiri. Kuderera kwezvinangwa kwainge kwariro nedata yakanga yakanangana nemamiriro akasiyana. Asi munhu uyu anonzwa kuti akaderera nekuda kwekunetsa kwake pachake.

1.1 — Dambudziko reKufamba Nechikonzero Chisina Kuzere.

JR Token inoratidza zvakajeka: kusununguka kubva kunyenganyenga inzira yakanakisa kana ikaitwa sechinangwa chekupinda, asi inofanirwa kuita sechinzvimbo yekutanga. Mabhuku ekudzorerana anotaura nezvekusununguka sekuti ndicho chinhu chinopinda – sununguka, uye hupenyu hunobudirira. Asi munhu ane nyenganyenga yakakura uyo anosununguka, anosvika pachinzvimbo yekutanga, asiri nechinzvimbo chekupinda: muviri wakakuvadzwa zvakanyanya nemishonga, hukama hwepamwezve hwakukonzewa, mamari akaderera, hutano hwebhizinesi hwekare hwapwanyika, uye simbi ye-dopamine isingabatsire pakubudirira mune ese ari iyi zvinodiwa.

Maitiro anotarisirwa kubva pamazano akatanga anotariswa zvine hungwariso kuti ave pakakodzera kune mumwe munhu ane hunyanzvi hwekuzvimirira — kugona kwekunyatsomirira, kugona kwekurodza, kunyarara kwemagariro, uye kutarisirwa kwenguva. Maitiro ainoshandiswa anotora zvinangwa kubva kumamiriro emunhu mumwe uye anoshandiswa kumamiriro emunhu uyu. Izvi anoguma nekuve nechokwadi chekudzoka kuita zvinhu izvo munhu akanga asati aita, ichiitwa nguva dzakawanda, asi isu tinodokeza kuti ndechikuomarira kwezvinodhaka, asi zvinenge zviriwo nekuda kwekukanganiswa pakati pemaitiro anotarisirwa uye vanhu vachishandiswa.

Zvaanoda munhu haisi yoga yevanhu vane hunyanzvi. Anoda inzira yakakodzera kune vanotambura, iyo inoshandiswa mumaitiro akasiyana-siyana — zvichiratidzwa kuti zvinofanirwa kuita nemamiriro ekutanga aanoita munhu anotambura, nekuratidza nguva chaiyo dzinodiwa, uye nekushandisa zvigadzirwa zvakakosha zvinogona kugadzirisa matambudziko akaita. Zvakakoshawo kuti zviratidzwe munguva yekutanga, munhu anotambura anenge asisaziva kana aita chaizvo, uye izvozvi ndiyo nzira chaiyo, haina kureva kuti ari kushaya.

KUBVA MUROTO.

Written from the soul of the persons who would have, if they could have.

Bhuro yemazuva anotevera kubva kuvanhu vakanditsvaga.

Takayita yoga.

Takarisira chidzidzo. Takaisa mata. Takaita mafomu. Takufema mumapozhiri aingodaro mushakazikidzwa nemushambadziko. Takamirira kunyara, kuchena, kuziva kuti iri pangu, uye kufara kwavaigumisa kuti zvaizotipa. Asi takanyatsonzwa: chinhu chakadaro. Muropa wakafamba. Mupungwa wakanzwa muropa ufamba. Kuchiridzwa chakadai, uko zvakanga zviri, zvakapfukidza mumapfundo akareba.

*Takatanga tiri kuedza katatu. Kana nhatu. Mudzidzisi akati tive nechisungo, kuti zvaifanira kuita zvinhu zvakanaka munguva. Zvaikura kwakanga kusanzwa kwekusiyana kwedu nevanhu vese vakanga vari murumwe rumba. Vakafara vachidaro pashure pe *savasana*. Takatarisa pamusoro, tichibvunza kana kuti izvi zvaizofanira kuita hupenyu hwedu hwose. Kuedza kwechipfeko mumurume wavanhu vakanga vane chinhu chaivada isu pasina uye angangodaro kusati watowana zvakare.*

Hapana aiva akataura kuti iyo yoga yakaitirwa kwavari, asi kwete kwedu.

Hapana ane akataura: mushandirwo wenyu we dopamine haigone kuita kuti mufadzane, uye izvozvo zvinogona kuitira kuti mushandirwo uende kupfuura. Hapana ane akataura: chidzidzo chakaratidza kuti zvinozviita chakaitwa pa vanhu vaimwe mashandiro avo ekufadza aive akakwana. Hapana ane akataura: kwamuri, zvinogona kutora mwedzi mitatu kusvika pakati pezvimwe zvekuenda kwenyu kuti mutange kuziva chinhu chinenge chakafanana nechavakazozviziva vachitanga kuenda kamwe chete. Uye izvozvo hazvifaniri kufungwa sekusava nemari. Izvo zvakasiyana. Zvinotora nguva yakasiyana. Mashandiro anopesa zvinopesa.

Hapana zvakataurwa nezvazvo. Vakati "dzidziso." Senguva dzavaifunga kuti kuuya kunoenda pasina chinhu chakatora ndicho basa rekunamata. Senguva dzavaifunga kuti kuvhunduka nekusavapo ndiyo chinangwa, asi haisi chinhu chakaipa muchikumbiro.

Takayitarisa kudya kwekunyarara. Makamirira makumi maviri emaminiti achifunga nezvekufema. Taigara tichidaro, asi pfungwa dzedu dai dzakangoshanduka kuenda kumwedzi iyoyo. Kukungonzwa kuti mwedzi yacho haipo. Kukanganwa zvakange zvaifanana nekunge uchida mwedzi. Makumi maviri emaminiti ekutarisana nechinhu chaivapo, asi pasina nzira dzekubatsira kuti uderere nezvazvo. Zvakanga zvichitariswa nemirayiro yakaitwa kune mumwe munhu asingaite izvozvo.

Takatanga basa iri. Takazvitsunungura kuenda kumabhodhi emhuri mwedzi yekutanga apo kufarira kwedu kwainge kusiri zvakaitwa nemishonga, apo kutarisa kwe dopamine kunogona kuzotibatsira kuti tive nechitarisiko rechakatseterwa kwakatadza, apo muviri wedu wainge wasina kujairana uye wakangonzwika. Takaita izvozvo zvekuti nekuda kwezvaakanyorwa mumabhuku kuti zvichaipa. Zvakapa, asi kubatsirwa kwainge kuchitomboita nguva yakareba kupfuura apo vamwe vedu vaingagona kumirira. Uye hapana aiva akataurisa nezvekutambanudza kwenguva iyoyo. Vakati chete kuti kurovedzera kunobatsira. Asiri: kurovedzera kuchazonzwa sekushanda zvine hondo kwevhiki neshanu usati uchipa chero chinhu. Asiri: sisitimu yekubhadhara inogona Kurovedza kwekusimudzira uchenjeri hwako ndicho chaiva kwakakonzerwa nechirwere chako, saka mavhiki ekutanga anogara ari nyota inenge ichikubata, asi ichaderera.

Taisagona kushandisa zvigadzirwa zvisina kunaka, uye taitanga kuyedza kuzviomesa pachayo. Saka, hauna mirairo yechokwadi yekuti zvigadzirwa zvisina kunaka zvinofanira kuita nepo zviri kuitiswa.

Chiripo kuti munhu ati:

Kutanga kwangu kunopesana nevaanoita kuti zvidiwe muchidzidzo. Nguva yangandishanda nayo inenge yakareba. Zvakaita mumazuva ekutanga anenge asina zvekuyamura. Izvi haisi chiratidzo chekuti handikwanise kugadziriswa. Izvi ndechiratidzo chekuti ndatanga kubva pazasi, zvichireva kuti nzira yekufamba kusvika pakati inenge yakareba, asi hazvireve kuti pakati hupenyisi.

Maitiro ayo anobudirira. Anobudirira zvakaderera kwamuri. Yoga ichave nechikonzero chakafanana nekuti inounza kumunhu ane hunyanzvi, asi ichatora mwedzi mitatu, kwete mavhiki matatu. Dzidziso kusvikira pakati pezvaunenge usina kunzwa chinhu, nekuti iyo nzvimbo yaunenge usina kunzwa chinhu ndiyo yacho munhu ane zvinhu zvinonyanya kuita anogumisa, uye iyo nzvimbo yacho imwechete nemunhu asina kukanganiswa anenge angotanga kuzviziva.

Uye: pane zvishandiso zvakagadzirwa zvikwereti kuti dziwane mwoyo yakanganiswa, asi hatikubvirei izvo, nekuti vanhu vakagadzira iyo programa vari kutarisira mwoyo yako seiyo inoshanda zvakanaka uye inoda rubatsiro rwekuita, kwete mwoyo yakakuvadzwa pamusoro uye inoda chinhu chinobatsira nemishonga uye nezvokudya kusvikira rubatsiro rwekuita ruchikwira.

Titumire zvinhu izvi. Tizivise kuti chii chakapwanyika uye kuti zvese zvinogadzirisa sei chinhu chimwe chete chakapwanyika. Rega kutoramba kutora mazano kubva kuvanhu vakanga vasina zvatinayo. Gadzira protocol yechinzvimbo chaiye yekutangira, kwete iyo yaunoda kuti iitwe.

Taisanga, kana taizokwanisa. Tiri kukumbira kuti mudzisisane kuti tiwane zvatinoda.

II. Zvinangwa zvekubatsira vanhu vane kushandiswa kwezvezvinhu uye kufambisa kugadzirwa kwavo.

◆ Iyo nzira yekubatsira iri yakafanana. Asi, kuita kuti ive nyore kana kushandiswa zvakanaka kunogona kusiyana zvikuru.

Kubatsira.	Iyo vhezheni ye"Addict Virgin" (iyo yayo inowanikwa nemamiriro akawanda).	Iyo vhezheni yevashandisi vanotarisira kusimbiswa.
Yoga / kudzidzisa kufamba.	Tsvaga chikoro. Zviri kuitwa zvichava nechakanyanya. Mushure memakavhiki masere, uchazonzwa mabhenefiti. Yoga yehatha yakarurama mumakosi ekudzidzisa. Savasana. Kupinza mhepo. Chikoro ichi chakagadzirirwa munhu anenge achida zvinhu izvi.	Yoga yakanakidza nemhepo kana vinyasa (muimba inodziya 60-90°F), yakakosheswa kunyatsvitsurwa kune mumwe munhu anenge asina kugona kuzviziva zvinhu zvidiki. Kunakidzwa kwakadaro kunobvisa matambudziko ekusazvinzwa. Hazvisi kuti kuti nyore - asi kuti kuita kuti muviri utange kuzvinzwa, nekuti mwoyo wacho wakanyadzwa. Iyi yoga haisi kuti kuti ufunge kufara - asi kuti uve nechinzvimbo chinogona kuzvinzwa. Inofanirwa kuitwa nemunhu ane ruzivo rwekusimbisa vanhu vane matambudziko, uye vasina kushungurudzika. Dzama nevanenge mamaminiti 3-5, uderere zvishoma nezvishoma. Tsumoita kuti munhu azive: "Anogona kusazvinzwa kwemwedzi mina kusvika anomwe. Izvi zvaunofanirwa kutarisira. Kusazvinzwa hakusi kuti yoga yacho isiri nyore - asi kuti mwoyo wacho wakanyadzwa. Enda zvinoenda kwevhiki sitano usati watanga kufunga kuti iyi yoga inobatsira here."
Meditasheni.	"Sarira kwemaminitsi makumi maviri uye tevera kufema. Kana pfungwa ichifamba, dzisa	2-5 maminiti ekarenda. Mweya wemurwere ane anhedonia, ane zvido zvinonyadzisa, uye

	pfungwa yako kufema." Miririro iyi inozvimiririra kuti munhu anogona kutarisana nemamineti makumi maviri ekufunga kweanenge usingawanikwe muedzo wehutano uye asinganyadzwise nekuda kwekudada, kana kushungurudzika nekusavapo kwemwedzi.	ane hunhu hwenyasha mumakore ekutanga ekugara achitsvaira haagoni kutarisana neminuti 20 yekufunga kwake pachake pasina chinhambira. Kutangamira paminuti 2 uye kuwedzera maminuti rimwe nerimwe pavhiki kunotora mavhiki 18 kusvika kumaminuti 20 - izvo zviri kungoratidza kuti chishandiso ichi chinobva kuchinja nzvimbo yekufunga yemusoro. Chiratidzo chevhiki rekutanga re8 nderkushanda, asi kuita kuti murwere agone kuzvipira. Kuita kuti murwere agone kuzvipira mumweya wacho usina kunyudza. Kufamba uchifunga kwevanhu vasingakwanisi kuseka: kufamba kunobatsira kupfeka simba remusoro zvakanakisisa kana kuti musoro unoshanduka zvikuru.
Kurofina kwekurima.	'Maminiti makumi matatu ekufambisa mumuviri nemanzwiro akajairwa, katatu kusvika mashanu pamativi pamwedzi.' Iyi tsananguro inotarisira kuti munhu ave nechizere chekuyemura zvinhu uye kugara achida kuita chinhu kunyange kana chisina kubatsira pakarepo, ukanakwana mumuviri kuti akwanise kufamba mumuviri kwemaminiti makumi matatu mushure memakore ekusafamba, uye anogona kutambura nezvakaita sekudonha hwema nemanzwiro asinganyatsoita kunyasha mumuviri wake.	1. Dosi rekutanga rinofanira kuva rakakwana mumaminiti gumi. Kwete mamineti makumi matatu, asi maminuti gumi. Buda munzvimbo, ndokufamba zvine simba kwemaminuti gumi, wobva udzokera. Kurima kweBDNF kunoratidza kuti kune kuwanda kwakakosha kwekurimwa kana uchifamba zvine simba kwemaminuti gumi. Kunyatsogadzirisa hunhu hwekufamba maminuti gumi zuva nezuva ndiyo chinangwa kwemasvondo 1-4. Wedzera kuenda kumaminuti makumi maviri kwemasvondo 4-8. Ndokuyanduka kusvika pamaminuti makumi matatu kwemasvondo 8-12. Munhu akanga asina kukwanisa kuchengeta programa yemaminuti makumi matatu kwemasvondo ekutanga, aifanirwa kuva ari nehoshi rekutanga rakakanganisira. Kufamba maminuti gumi zuva nezuva kwemasvondo ekutanga ndiyo dosi yakanaka

		yekutangisa kune vamwe vane hutano hwemuviri hwenhuku.
Tsigero/boka remutano wepfungwa.	Pinda miiro yekuratidza. Hurumende ichakubatsira. Iyi mirayiro yakaitwa kunei: Iyo inogadzirirwa munhu anokwanisa kutarisana nekubatirana kwevanhu, zvinonyadza zvevamwe vanhu, uye maitiro ekugutsikana mumamiriro ezvakatjiriko pasina kunetsa, pasina kukanganiswa nevamwe, uye pasina kushungurudzwa nekuti anonzwa kuti anotarisisa zvinhu zvamunhu mumwechete anoita zvakanaka.	Chiremba chaive chekare, saka chiremba chemuboka gare gare. Muviri unoshanda zvakaoma, kushungurudzika kwakakura mumazuva ekutanga ekuchokwadi, kusuruvara, uye ngozi yekukanganiswa nemamwe ari kutongofamba, zvese zvinoita kuti zvibatsire kuva nechiremba ane mumwe chete mufunge panguva yekutanga. Kana muboka rakanyorwa: magwaro akasiyana-siyana (vanhu vari pazvinhu zvikuru pakubuda kubva muchitemera) anobudirira zvakanyanya kupfuura magwaro ekutanga chete. Munhu ane mwedzi mitatu asina kutemera, ari mumhoro yakazara nevamwe vane mwedzi mitatu vasina kutemera, anenge akanganiswa nemamwe. Munhu ane mwedzi mitatu asina kutemera, ari mumhoro nevanhu vane mwedzi 6, makore 2, uye makore 5 vasina kutemera, anogona kuwana zvinodiwa nekuchokwadi kwake.
Nhoroondo.	Dya zvokudya zvinofungira, uine mapuroteni nemakemikari akakosha. Izvi zvinoreva kuti mwoyo wako unogona kushandisa zvakanaka, uri nomufaro wekugadzirwa zvokudya, uye une mari yekutenga zvokudya zvenzvimbo.	Kudya kwekurapa sezvo zvinoita mukati mehutano: kuenzanisira kwenguva yekudya (kudya panguva yakatarwa, kwete nekuda kwekumanikidzika, nekuti manzwiro ekumanikidzika anenge akaderera munguva yekuchokwadi kubva kunoramba), kutanga neporotini paunenge uchinge wadyisa chero chinhu (kuita porotini kunobatsira mukugadzirwa kwedopamine - nguva yega yechidya inofanira kutanga neporotini kuti ive nechinhu chinodiwa). Inowedzerawo zvimwe zvinokudza zvakakosha, sezvo

		kushanda kwezvido zvekurarama kunogona kudzivirira kuuya kwezvimwe zvinokudza (vitamini B, zinc, magnesium, mafuta akakosha).

II.1 — Kuchengeterwa Kwechokwadi Kwenguva.

Maitiro ekushandiswa kwezviridzwa zvekurapa zvakagadzirirwa vanhu vasina kushandisa chinhu kana vanenge vave nechirwere chidiki. Zvinotevera zvinogadziriswa zvinoratidza kuti maitiro ekurapwa echirwere chakakura anozvinhwirira sei apo maitiro acho anoshandiswa kune vanhu vane chirwere chakakura.

Nhoroondo yekutanga.	Nhambuko yakatariswa pazvo.	Mhoro yechikafu inenge yakagadziridzwa yekurapa kushanduka kwakanyanya.	Chii chinoratidza kuti chichinja.
Kurovedza kuti kurovedza muviri kunobatsira mufaro mukati memwedzi minomwe.	Varume nevakadzi vasina kushandisa chinhu, vanoshungurudzwa, kana kuti vanenge vabatara nechirwere chekushandisa chinhu asi vari pachinzvimbo yekutanga uye vane masisitimu ekubatsirwa anogara achishanda.	Kuderedza kwemamiriro akanaka kunotanga kuvhenekwa mwedzi mina kusvika wechipfumbamwe. Inongoita nguva yakareba kana kukanganiswa kwe dopamine kwaya zvakakosha nekuda kwezvirongedzero zvinoshandisa stimulants.	Mhando yekubhadzisa inogona kushandira kuti "kurovedza kwakabatsira mufaro wangu" inoda kuve nehuwandu hwemudziyo weD2, asi zvinhu zvinonyadzisa zvinogona kudzikisira huwandu hweiyi midziyo. Kubudirika kunogona kuitika mumuviri pamberi pekuti munhu azvitonge pachake.
Kudzungudzira kunounza kudzikiswa kwehuwandu hwehormone ye-cortisol inogona kuonekwa mushure	Varume nevakadzi vakuru vasina kushandisa chinhu chinosetsa, asi vanotambura nekuremara.	12-16 vhiki panguva yekutanga, uchishandisa dosage yakakodzera kune mumwe munhu ane utano. (Maminiti 2-	Mwedzi masere ekubvunza akatariswa kuti zviri kushandiswa zvidiki zvemagadzirwo kubvira panguva

memakumi maviri emwedzi.		5 ekudzidzisa pakutanga, achidzikiswa zvine hungwaru). Zvakakosha kuti munhu abvume nezvidzidzo izvi usati dzava nembenzi.	yekutanga. Dosi yemushakabvu wekurota inenge yakaderera kupfuura dosi yese. Mitemo yekubatsira inoshanda zvine chekuita nedaremu rehoshi remwedzi.
Kuvandudza muviri kunobvisa zvido zvekushumwa panguva yekutanga kwekurapwa.	Vakawanda vanenge vapedza mwedzi mitatu kusvika inenge mwedzi masere vasina kunyudza chinhu, uye vane utadzo hwakadaro hunenge husingaite kuti vanyudze zvinhu zvinonetsa.	Chaizvo, asi zvinoita kuti zvive mashoma uye zvinotora nguva dzakawanda kune vanhu vane kushandisa kwezvinodhaka. Kuderedza kufema kwekutsvuka kubva pakufamba-famba mwedzi mina mbiri dzekutanga kungangodaro kusiri chakwana kuti zvirege kufema kwekutsvuka pasina rubatsiro rwepamhando (NAC, methylation stack, uye zviripano zvekushandisa pfungwa dzinobatsira kugona kwechipfuva chepamberi chinodiwa kuti zvirege kufema kwekutsvuka).	Kukwenesa zvido nekufamba kunoda kuti iyo prefrontal cortex iite basa rekubatsira pazvido zvekuderedza. Simba reiyo prefrontal cortex rinodiwa iri chinhu chakaderedzwa zvakanyanya nechirwere chekushandisa manatse. Kufamba uye kushandiswa kwezvimiro zvepfungwa pamwechete kunogona kuzadzisa chinangwa kufamba chete chaigona kuzviita.

III. Zvinangwa zvekuvandudza simba remoyo wakanaka.

◆ Aya akabva asiyiwa kunze. Haifaniri kuve asiyiwe kunze. Kusanzwisiswa kweAMPA receptor muhutsinye ndiyo chinhu chinonyanya kushandiswa ne racetams. Haisi zvakaitika nezvibvimu.

Iyo sarudzo yezvitorongo zvinowanzoshandiswa muRecovery Kernel (NAC, 5-MTHF, methylcobalamin, magnesium glycinate, CoQ10, DHA, UMP, tyrosine) inobata hutano hweiyo metabolic uye iyo substrate yekutanga yekudzorerwa. Inogadzira hukuru. Iyo sarudzo yenootropic inozvibatsira zvinhu zvekumwe: imhando dzemamiripiri ekufunga ayo kushandiswa kwezvinodhaka kwakakonza – kunyanya basa remamiripiri eAMPA, iyo NGF/BDNF signaling, uye iyo neuronal membrane dynamics inoendesa kuwana, kuchengetedza kwezvaunoziva, uye kugadzirisa kwekutenda kwekunzwisisa uko unobvumira munhu kuti ashandise zvinhu zvekushandura zvinoshanda.

Chikonzero chekutiwa kuti vakafanira kuiswa kunze: hutano hwakajairwa hwekurapa kwekutarisana nekushandisa zvinodhaka hauna zvinhu izvi nekuti hazvisi mishonga yakagadzirwa uye isina mvumo kubva paFDA, uye haisati dzanyatsoongororwa mune matinyi makuru ekutarisana nekushandisa zvinodhaka. Asi nzira yebasa rezvinhu izvi inonyatsogadzikana kune vanhu ava, uye maitiro ekunze kwezvinhu zvakakurumbira zve racetams (piracetam ine data rekudaro rekusava nechipo kwemakumi emakore) anobudirira. Hazvisi zvinodhaka zvisina kuchena. Ndizvo zvinhu zvine hutano hwehunyanzvi hwemakumi mashanu nemakore mune vanhu vane matambudziko ekufunga - kukanganiswa kwehutano, kuderera kwemwoyo, kufamba kwenguva - uye maitiro ayo anobudirana zvakananga nekukanganiswa kwekutarisana nekushandisa zvinodhaka.

III.1 — Gurukota reRacetam — Kushandiswa kweAMPA pakubvisa zvinetso zvepfungwa zvinokonzerwa neglutamate.

Kuderera inokonzera shanduko chaiyo muenzaniso we receptor dzeAMPA/NMDA munzvimbo ye nucleus accumbens uye prefrontal cortex. Receptor dzeAMPA, dzinoita basa mukufunda, kuchengetedza zvaakafunda, uye kufunda zvinhu zvinokurudzira, ndidzo dzinonyanya kukanganiswa. Racetams inzvo dzinogadzirisa receptor dzeAMPA – dziyambitse receptor dzeAMPA kuti dzibude mhinduro yakasimba kune glutamate pasina kuzviona zvakananga. Zvinangwa zve racetams ndeekuti zviite basa pazvakakanganiswa nekuderera.

Zvakabatwa.	Dosi.	Maitiro ekushanda.	Specific addiction recovery relevance

Piracetam - iyi chinhu chepakutanga, chakafuridzirwa zvakawanda.	800-4800mg zuva rega, zvakavharidzika mumitero 2-3.	Kudzidza kweAMP mutsetse, kunobatsira kushanduka kwemaitiro ayo. * Kubudirisa kuita basa rematombo emamwarati. * Kwedzisa mwoyo wepwere. * Kuchengeta ma neuron kubva kumusiyano wakaipa. * Mabasa anogadzirwa, akaratidza kuchengetedzeka kwemakore 50+.	Kuderera kwe-AMPA receptor mu nucleus accumbens uye PFC nekuda kwekushandiswa kwezvinodhaka kwakadai kunguva refu ndicho chaanogona kuchinja piracetam. Kubudirira kweiyo fluidity yemukadzi kunobatsira ma neuron ayo akanyadzwa nematombo ekudonha kubva kushandiswa kwezvinonyangadza. Kuwedzerwa kwemwoyo wepwere unowedzera kugadzirisa zvinhu zvemoyo dzinenge dzakanyanya kukwenyara kana kuti dziri pasi pekushungurudzika nekuda kwekushandiswa kwezvinonyangadza kwakadai. Funga nezve piracetam seiyo inoshandiswa zuva nezuva – inenge yakashoma simba, asi inobatsira zvakawanda, uye inofanirwa kutorwa nguva dzose.
Aniracetam - inyanga inogona kushandiswa kuporesa, uye inobatsira mumamiriro ekutya.	750-1500mg zuva rega, zvakavharidzwa kuita zvidiki zvitatu (inoshandiswa nemafuta - edza nekudya).	Inokanzira zvakanyanya kweAMPA kupfuura piracetam. Inowedzerawo neurotransmitters serotonini ne-dopamine kuburikidzo yedzidziso reD2 uye 5-HT2A. Yakaratidzwa zvakajeka kuti inobvisa kushungurudzika.	Maitiro ekuti iyo inosimudzira AMPA uye inobvisa kunyanyadza inzvimbo yakakosha pakurapa zvaanoda murwere ane kushandisa chinhu: kusagadzikana uye kunyanyadza izvo zvinoita kuti nguva yekutanga yekurapwa iite zorwe. Mhedzisiro ye5-HT2A inounza mufaro mudiki unogona kubatsira kupfupa pazvakaita kushungurudzika munguva yekutanga yekurapa apo chinhu chipi zvacho chisina kukonzera mufaro. Kusimudzira kweAMPA kunobudirira pakunyorora kusagadzikana uye kufa kwemotivation, izvo zvinogona kuzita kuti zvirongwa zvekuvhara

			zvinofamba pasina mibayiro.
Phenylpiracetam — raseitami inogadzirisa simba.	100-300mg, zvakawanda zvikuru 2-3 nguva pamativi.	Piracetam, inenge nechikomba chemakemikari uye feniri, anowedzerawo matambudziko ekuita nezvekudonha kwe dopamine ne norepinephrine. Anokonzera kufamba kwehutano hwehunyanzvi (CNS) zvakanyanya. Inogonawo kuwedzera simba remuvimbo. Inowedzera kugadzikana nekuda kwemazuva anodziya (chinonyanya kushandiswa mune "cold water protocol").	PHENYLPIRACETAM inogadzirisa hutsinye nekukurumazana. Kushandiswa kwezuva nezuva kunounza hutsinye hwekukurumazana uye kunonetsa mune masikati e5-7. Shandisai kazhinji kamwechete kana katatu pamativi, chete pamazuva anenge nemamiriro ekufunga akanyanya kana kurovedzwa. Kune vanhu vachitadzisa kushandiswa kwezvimedu: chikomba chemushonga wephenylpiracetam chinogona kukonzera kutsvuka munguva yekutadzisa zvimedu. Dzidzirei kushandisa mushonga uyu kusvikira mazuva anenge 60 ekuchinja kwakagadzikana, uye tarirai kana kuti kunetsa kuchidikanwa kuchikwidza.
Oxiracetam - chinhu chinobatsira kuunganidza ruzivo uye kunyatsogadza.	1200-2400mg zuva rega, mumitero 2-3 yakagadzirwa.	Inokwana inonyatidzwa neAMPA, uye inobatsira kufunga uye kunyatsogadza kupfuura piracetam. Inogonawo kuita kuti munhu ave nechivandi. Inoshanda pachikomba cheacetylcholine.	Kusiyi kwehutano hwemahara hunogona kuita kuti munhu ashandise zvinhu zvinenge aedza kuita, kusarudza zvaakadzidza mune zvirongwa zvekubudirira, uye kuchengeta matanho akawanda ekurapwa. Oxiracetam inobata zvakananga hutano hwemahara. Shandisa pamwe chete neCDP-choline kuti ubatsire acetylcholine.

III.2 — Noopept — Pepetide Inogadzira Moyo.

Noopept ndiro chemhando yekudiki kwe-racetam, inowanikwa seiyo	Ndiri kunyatadzwa kuzviongorora.

inobatsira kuchengetedza hutano hwemwoyo. Inoshandiswa zvakanyanya kuwedzera simba remusoro uye kukonzera kufara.	
Noopept (N-phenylacetyl-L-prolylglycine ethyl ester) inzvimbo yemishonga inovandudza basa remoyo, uye inonyanya kushanda kazhinji ka1000 apo ikatariswa nepiracetam. Inopinda mumwoyo nekukurukuri uye inoita zvinobudirira zvakasiyana-siyana: 1. Kushanduka kwakatenderera kweAMPA uye NMDA — kuvandudzwa pakarepo kwebasa remoyo kuburikidza nezvisikwa zvine hutano zvakafanana neazvo awo ari mune piracetam. 2. Kukwira kweNGF (Nerve Growth Factor) uye BDNF kwenguva refu — zvidhoro zvepakarepo zvenoopept zvinonyatsoita kuti zvigadzirwe zvakawanda zvezvakanyanya kushanda, izvo zvinobatsira pakugadzirisa mwoyo uye kuumba masinapsi matsva. Izvi zvakaratidza munguva diki kumari dzinoderedzwa nemamiriro ekusavandudzika kwebasa remoyo mushure kwekurwadziwa, uye kwamamwe anenge akanganiswa nemamiriro ekutonhora — vanhu ava vane mamiriro ekukonzera kusavandudzika kwebasa remoyo, ayo anofanana zvakanyanya nezvaanowanzoita vamari vanenge vakafungira. kukuvadzwa kwemufungo.	Kukuita kunopesa kwekurwadziwa kwenguva refu hakusi kusiyana zvakakura nezvekukuvadzika kwepfungwa kudaro, munguva yekufunga: kupfupiswa kwemwero wePFC, kushandiswa zvisina kunyarara kwekugadzirisa mhedzisiro, kushanda kwehutano husingaite, kushandiswa kwehunyanzvi, kupfupiswa kwemaitiro ekudzidza. Vamwe vanhu vaifuridzirwa ne noopept — avo vakanga vapedza nguva yakawanda vasina kunaka (stroke), TBI — ndivo vamene vane zvakafanana nemukuita wekukuita kwekurwadziwa kwenguva refu, munguva yekufunga. Kuwedzera kwe NGF zvinokosha: NGF inobatsira kuchengetedza uye kushanda kwayo kwecholinergic neurons (mafureni ayo anoshandisa acetylcholine se neurotransmitter uye anonyanya kukosha pakunyarara uye kugadzirisa mhedzisiro). Mafureni aya anenge akanyanya kuva nemukana wekukuvadzika nekuda kwemaitiro asina kunyarara eglutamate ekurwadziwa. Dosage: 10-30mg zuva rega rega, kushandiswa kwezvirume zvine utano kunobatsira kuti zvishande nekukurumidza. Inogona kutorwa katatu pazuva. Inokonzera kufamba kwemafuta — torai nemadhori. Chinhu chinonyanya kukosha: shandisai pamwe nechizere checholine (CDP-choline kana Alpha-GPC). Noopept inowedzera kudemandira kweacetylcholine mumusoro; pasina zvakakwana zvekudaro, kunonzi kutya uye kufema kwemusoro kunogona kuita.

III.3 — Semax uye Selank — Zvakanyadzwa zvepepataidhi.

Zvakabatwa.	**Midziro uye hutano.**	**Chirongwa chekufambira mberi kubva kumutsvairo.**
Semax - pekipaiti	Kudzirwa kwezvinonhuhwirira,	Semax inonyanya zvakakosha

inogadzirwa muchimiro chesynthetic uye inobva kuACTH.	inopinda zvakasimba mumuviri uye inosvika pachipfuva mune miniti shomanana. Zvinhu zvikuru zvinobatsira: kuwedzera kweBDNF neNGF (zvinoita zvakananga uye nekukurukura - munguva diki, inomaminitsi mashoma kubvira pakudzirwa). Inowedzera kushandiswa kwedopamine ne-serotonin. Yakanyorwa zvakajeka mune zvirongwa zvekurapa zveRussia kuti ishandiswe pakurapisa matambudziko ekutonhora uye kukuvara kwechipfuva, uye yasheshiridzwa kwemakore anopfuura makumi matatu muchikamu ichi. Zvakanyorwa mune zvidzidzo zvakaitwa pamunhu kuti inobatsira kushungurudzika uye kunyenganyenga.	pakutanga kudzokera kubudiriro kwevanhu vane hutachiona, nekuda kwezvikonzo zviviri: kuwanda kwepamhedzo kweBDNF (kunenge kuchangamuka nekukurumidza kupfuura kweiyo BDNF iyo inogadzirwa nemishonga, uye ichingosvika apo munhu asina kugona kushandisa mashongano ekutambudzika ayo anogona kuita kuti zvinhu zvikwaniswe). Semak inobatsirawo nekubatsira dopamine, izvo zvinobatsira kudzoka kwekunyarara kwemufaro apo kunenge kuchangamuka kweiyo D2 receptor. 300-1000mcg nekuiswa mumutsvene, kamwe kana kaviri pazuva. Isiri nyore kuwana muUS (pasina mvumo kubva kuFDA), asi inogona kuitwa nekunyorwa semutsvakuriro.
Selank - pekipaiti yakaitwa muchimiro chesynthetic inobva kupeptide ye tuftsin.	Intranasal. Maitiro ekushanda: Kurasikirwa kweGABA-A (inobvisa kushungurudzika pasina kubatanidzwa nebenzodiazepine receptor — pasina kufa nekuda kwemhosva, pasina ngozi yekuvhunduka), kuwedzera kweBDNF, kudzora kuparara kweenkephalin (inoramba opioid peptides yemudzimba pasina kushandiswa kweopioids ekunze). Inoratidza zvakajeka kuti inobvisa kushungurudzika uye inowedzera hukama hwekufunga, asi isiri sebenzodiazepines dzinoderedza kufunga.	Maitiro ekuti Selank inyatisa kushushikiswa kwehutsinye pasina kunetsa kufema inonyanya kukosha kune vanhu vakaoma intubation uye vane vanogara vakanyangarwa neGHB, uko benzodiazepines hadzifanirwe. Selank inyatisa kushushikiswa kwehutsinje pasina kuita zvinenge zvakanganisa. Kusimbisa GABA-A kunounza runyararo runodiwa nemhando yeGABA yakaderera, asi isiri kuchinja GABA-B receptors (izvo zvakakosha kuti zisabatidzane pakare kubva, kune vanhu vakaoma neGHB). 250-500mcg nekudonha mumuromo, kamwe kana katatu pazuwa.

III.4 — Miresi dzinobva kucholine — Zvinhu zvinonyanya kushandiswa pamwe chete.

Mwaro wese we racetam uye noopept inowedzera kufamba kwe-acetylcholine mumusoro. Pasina zvakwana zve-choline, kuwanda kwekuita kwe-AMPA kwawakuitwa nemwaro we racetam kunoguma nekurasikirwa: kuedza kukwirisa kwekuudzwa uye kuchengetedza zvinokonzera kuti musiyano we-acetylcholine ushandiswe nekukurumidza kupfuura zvakaita kuuya kwezvinhu kubva kudiyi. Kurwadzi kwemherekedu kumwe vanhu vanoitwa nemwaro we racetam kunogona kuratidzira kusava nechokwadi ichi. Mhinduro yacho nderokubatsirisa ne-choline - hazvifaniri kuve sarudzo, asi zvakakosha.

Mizero inogadzirwa mumuviri, asi unogona kuwana choline mune zvinonaka zvakaita senyama, mazai, uye michero.	**Zvinopa zvinotevera:**	**Kana uchida kushandisa.**
CDP-Choline (Citicoline)	Choline inzvimbo yakanakisa yekudzivirira neuron: inopa choline kuti iitwe acetylcholine uye uridine (yekuita zvigadzirwa zvemembrane) uye cytidine (inogadzirwa kuva uridine mumutsiva). Inoshanda mitatu: inobatsira acetylcholine, inobatsira kugadziriswa kwemambrane, uye inobatsira kukura kwe"dendritic spines" izvo racetams inobatsira.	250-500mg zuva rega ne dosage ye racetam mangwanani. CDP-choline ndiyo yakakosha sezvakaita choline kune utano hwehutano, nekuti uridine uye kutsigirwa kwekuita membrane zvinonyanya kukosha kwemoyo wakanonoka nekuda kwezvikanganiso.
Alpha-GPC	Choline inogona kuva nemutsetse wakanaka kupfuura CDP-choline. Inotarisira zvakanyanya kuita kuti acetylcholine iumbwe (ine yakaderera yecytidine/uridine). Inotanga kushanda nekukurumidza.	300-600mg pamwe ne dosage ye racetam. Shandisai kana uchida kuti zvinhu zvikonzerwa nematombo echolinergic — kufunga zvakanaka, kuchengetedza ruzivo mumusoro, kuwedzera kugona kwekuronga. Inogona kushandiswa pamwe chete ne CDP-choline asi pazvakaderedzwa zvemagiramu ari pasi peanenge ayo akakura.

III.5 — Bhidhi Rekubatanidzwa Rakabatana Rehunyanzvi.

Iyo sarudzi yese yezvinhu zvinobatsira kufunga haifanirwe kutorwa panguva imwe chete kubvira pazuva rekutanga. Inofanirwa kuiswa zvakanyanya-nyanya - nekuti kusunungura zvinhu zvakawanda zvepakufunga panguva imwechete kunonzwisisisa kuti chii chinova nechokwadi, uye nekuti uropi hwakaipa hunoda nguva yekugadzirira usati watanga kuona mhedzisiro yechinhu chimwe nechimwe.

Mudzidziso wekushandisa Recovery Kernel.	Chii chiri nyore kuzotangisa?	Chii chatinofanira kuona.	Ndiripo kuti ndibatsire.
Mazuva 1-30 (Kutanga nemaitiro ayo ekushandisa.)	Iyo sarudzo yekudya inongobatanidza: 5-MTHF, methylcobalamin, NAC, magineziyem, DHA, CoQ10. Kusati kusarudzwa kwezvimwe zvinhu zve "racetams" panguva ino.	Kunobudirira mhepo yakanaka, kunonakidzwa, uye kusagadzikana kwezvaunoda. Dzidza nzira dzekubudirisa zvinhu zvisina kushandiswa panguva yekuwandisa manzwiro.	Racetams inoshanda panzvimbo dzemakorepeta, uye zvinoita kuti muviri udzvire simbi dzinodiwa kuti zviite basa rezviratidzo zvemuviri zvakanaka. Kuti utange kushandisa racetams usati wasimbiswa muviri nemutano wekuwedzera kwezvinhu zvinonzi "methylation" uye zvinhu zvinobvisa madhadha, ndezvesingaite. Icho chinzvimbo chekuti uronge gorosi remba panguva yekuti usati watanga nomutsigiri wemubvunzo.
Mazuva 30-60 (Kutangisa Noopept).	Noopept 10mg pasi pamuromo, mangwanani, pamwe ne CDP-choline 250mg.	Chero chinhwa nechokwadi, kufungidzira, kana mhepo. Kurwadza kwenhumbu (inozivisa kuti unoda choline zvakawanda). Shandisa chete iyi yakanaka kwevhiki mbiri usati wedzera imwe chemhando.	Noopept inayo profile yakareba zvikuru yekubatsira kufunga (AMPA + NGF + BDNF) uye inenge isina kukonzera zvimwe zvinonakidza mumuviri. Kutanga neiyi nzira kunobvumira munhu kuti azive mabhenefiti ekufunga pasina kuita kwezvimwe zvinonakidza zvemuviri, izvo zvingava zvine ngozi panguva yekudzokera kubudiriro.
Mazuva 60-90 (Kudaro kwePiraceta	Wedzisa piracetam 800mg pamwe nechigadziko	Kugona kwehutano hwemahara, kusimba	Piracetam ndiro racetam inofara zvakanyanya uye yakafuridzwa zvakawanda.

m).	chemangwanani. Tarisira kuti zvive nyaya munguva yekaviri vhiki.	kwemararamiro, uye kunzwisisa zvakazvairwa. Iyi ndiyo sevhisi yekubatsira yeAMPA iyo inowedzera mhedzisiro yeNoopept.	Kuwedzera kwairi panguva yekaviri mavhiki ekusashandisa Noopept kunobvumira kuongorora zvizere mhedzisiro yeyo wedzerwa.
Mazuva 90+: (Aniracetam, zvinoendera na nemamiriro).	Chengeta aniracetam 750mg kazhinji pazuva, kamwechete, pamazuva ambova kunonetsa nekunyunyisa kana kuti kusaita zvinhu zvinodiwa nemhuri uye vanhu.	Mazinga ekutya, kugadzikana mumamiriro ezvinhu, uye mweya panguva yekurapa. Hunhu hweaniracetam hwekuderedza kutya hunobatsira zvikuru kana kutya kuchikanganisa zvinhu zvinokosha mukurapwa.	Mano Aniracetam inoratidza kuita zvinhu zvinobatsira kushandura serotonin uye kuchengeta kuti munhu asatambe neruzhinji, izvi zvinonyanya kukosha kwamunhu ane hutsinye hunenge hurukero hukuru pakutanga kudzokera. Asiri vese vanoda chinhu ichi; kwamunhu anotambisa nezvimwe zvinhu, piracetam uye noopept anogona kuita basa.
Mazuva anopfuura 90, kazhinji kwakaderera nguva imwe neimwe kana mbiri pamativi.	Phenylpiracetam 100-200mg panguva dzinoda kushandiswa kazhinji. ISIRI kwemazuva ese.	Simba remusoro, kufarira, uye kuita mabasa emuviri mazuva iwayo. Tarisa kana kudiwa kuchidikanika (chiratidzo chekuti ngaavaite zvimwe zveiyi chinhu).	Mhedziso ye-phenylpiracetam inobatsira pakutanga kwezuva, asi inonyanya kushandiswa pazvo chete apo unoda simba rakawanda kupfuura zvakajairwa. Kushandisa kazhinji kunogona kuita kuti mumuviri uderere kune zvinonetsa. Kune vanhu vachitambanudza kubva pakushandisa zvinonyadza: shandisai zvine hutano uye chete kana mave kugadzirira zvakakwana.

III.6 — Hydergine — Chikwiridzo Chengetwa Chekuti Chinobatsira Kushanda Kwemwoyo.

Hydergine (ergoloid mesylates) inofanira kukurukidzirwa nekuti ine musimboti mukati wehutano hwehutano uye inonyanya kushandiswa pakurapa utadza hwemwoyo. Yaiva chinhu chekutanga chakapihwa mvumo neFDA kuti chishandiswe kuporesa hutano hwekufunga (yakabvumirwa kushandiswa kune

vanenge vakaderera hutano hwekufunga muna 1970). Nzira yayo yekushanda: kuwedzeredza mwoyo wepwere, kuwedzeresa kushandiswa kwemhepo mumwoyo, kuchengetedza ma neuron kubva kumukuya-mukuya, uye kuita seBDNF pakugadzirwa kweprotein yemoyo.

Maitiro ekuti "hypoxia-protection" inonyanya kushandiswa kune vanhu vakagona GHB uye vanenge vatorwa muchivhechi: zvakawanda zvekukundikana kweoksijeni (mumamiriro ezvinhu ese asati atorwa muchivhechi, munguva yekufema nebhoti) anogona kukonzera kukuvara kwemwoyo. Hydergine inobatsira pakurapa kukuvara uku.

Dosera: 4.5-9mg zuva rega, zvakavharidzwa mumitsetse. Kushandiswa kwenguva refu (mwedzi) ndiko kwaonekwa zvikuru mhedzisiro pazvinhu zvepfungwa. Iyi haisi chinhu chinobudirira nekukurumidza — mhedzisiro inowedzera pamwedu kusvika kumwedzi, uye inofanirwa kushandiswa zvakajairika.

IV. Kusunungurwa – Nzvimbo Inoratidza Maitiro Ekutanga Muchokwadi Kune Munhu.

◆ Yakanyorwa kune munhu akanga ashandisa yoga, asi haana kuziva chero chinhu, uye akafunga kuti ainge asingakwanisi. Iye aingagona kusangana nemamiriro akanaka kana aishandisa nzira yakarurama.

Chirevo chinozvisikwa kuti chibvumire mamiriro ako ekutanga, kwete mamiriro ayo akatariswa nemanyorero. Inodhaka kupfuura zano rakajairika, kwete zvishoma - nekuti mamiriro ako ekutanga anonyanya kushomeka, izvo zvinoreva kuti nzira yekufamba kusvika kumamiriro akajairwa ayo anotarisirwa nezvirongwa zvakajairika inonetsa, kwete nyore. Kushandiswa kweiyi chirevo kunomiririra kuvimba nemamiriro anonyanya kushomeka.

Zvinoreva chikamu chemwimbi, kana kuti nguva yakatarwa.	Iyo bvunzo.	Dosi uye marongero ekushandisa kwevaya vanonyengera.	Chii muchiri kuita.
Mazuva 1-30.	Mubvunzo wehutano hweiyo. Usadaro yoga. Usadaro kupondera. Usadaro makirasi ekutakurirana. Nyatsomerwa kuti muenzi wako uwedzere zvakanaka kusvikira zviito izvi zvibve pachinzvimbo yakarurama.	5-MTHF + methylcobalamin. NAC 600mg kazhinji zuva rimwe. Magnesium glycinate 400mg manheru. DHA 1000-2000mg. CoQ10 200mg. Protini paunenge udyi chidya chimwe nechimwe. Mvura. Kururama kwekurara (kurara kuripakati, tembericha, melatonin 0.3mg, kushoma kwepanyanga).	Iyo nhanho yekubhadza zvinhu zvinodiwa nemaitiro ese anogadzirisa manzwiro. Haungoni kushandisa mubvunzo wekusimbiswa usati waita kuti zvinhu zviwane simba. Iyi ndiyo nhanho yekupa izvo zvinodaira.
Mazuva 7-30 (kutanga musi wechipiri 1).	Kufamba kwemaminiti gumi. Haisiwo kuroora. Haisiwo kuridzira. Haisiwo chirongwa. Kufamba kwemamineti gumi,	Tanga zuva iye waunonzwa kuti unokwanisa mumuviri wako. Famba nekukurumidza kusvika watonzi	Chiratidzo cheBDNF chinotanga kuita kuti huwandu hwezviratidzwa zveD2 zvakwaniswe uye kubatsira PFC. Kuenda nemhepo kwemaminiti gumi kunogadzira

	zuva rega rega, kunze kweimba.	kunyemwerera zvishoma. Dhawira. Izvozvo chete. Mazuva ese. Iri ndiyo yakatanga kuita BDNF.	chiratidzo chemushanduko mune utano hwemwoyo, izvo zvinobvisa kuti yese basa rinotevera iripo inobudirira.
Mazuva 30-60.	Noopept + CDP-choline: chidzidzo. Kuenda nekufamba kwenguva dzekuita 15-20 maminiti. Kuedza yoga, kana uchida - tembiriro inopisa, kuita zvinhu zvinoreva kuvandudza simba, mumakosi madiki kana kuti iwe chete.	Noopept 10mg pasi pemuromo mangwanani + CDP-choline 250mg. Kushandiswa kwezviyero zvepakufunga kunogona kuita kuti uone zvinhu zvidiki pakutanga - hazvireve kushandiswa kweiyi chinhu, asi kunetseka kwakanaka. Unogona kuzvitenda pavhiki rechiri 2 kana pavhiki rechiri 3.	Kutanga bvunzo rekubvisa matambudziko emamiriro emoyo, iyo inogara ichishanda zvakanaka kune zvinenge zvichitangwa. Kushandiswa kwakanakidzwa kweAMPA kunobatsira kuwana ruzivo kubva kumaitiro, kuchengetedza zvinhu zvekufunda zviri mudzidzo, uye kushandisa zvizere mupfungwa dzekuronga basa rekudzokera kuzorora.
Mazuva 60-90.	Kuwedzera kwePiracetam. Kutanga kufamba kwemaminiti 20-30. Kurapa mweya kwemaminiti mashanu. Yoga kana uchikwanisa. Kushambidzwa mvura yenyorekana kana uchida.	Piracetam 800mg uchishandiswe mangwanani. Kudenga kwemaminitsi mashanu munguva yadarika yekufamba (BDNF inogadzirwa zvakawanda, nguva yakakosha yekudzidzisa manejireni). Kugeza nemvura inotonhora - kuwedzera dambudziko: maminetsi 30, uyezve wedzera.	Muzira yekubatsira mupfungwa iri kushanda zvizere. Kushandiswa kwemvura inotonhora kunowedzera norepinephrine uye dopamine, izvo zvinoshanda pamusoro pekemikari yemusodzi wemirimo zuva nezuva. Kutarisa kungobudira kunotanga kuvaka simba remuenzaniso wepamberi (PFC) panguva yakanakidza yekuchinja kwemushonga mumuviri.
Mazuva 90 uye kupfuura.	Aniracetam panguva dzekuita zvinhu zvinokonzera kushungurudzika kwakawanda.	Munhu akazviita kwezuva re90 mune iyi programa akaita basa rakafanira kuti zvinhu zvikwaniswe mumwedzi 12-18	Dhizira rekudzorerwa zvakazara iri kushanda. Zviridziso zvekuita zvekubatsira zviri kushanda ikozvino nekuti iyo basa remuropa

	Phenylpiracetam, kazhinji katatu pavhiki, panguva dzemaawa anoda kuvakwa. HIIT inosimbisa kana ikaripisira kufamba kwayo. Kutaridzwa kweanenge maminiti makumi maviri ekufunga zvizere. Chirongwa chekuyambura muviri chazara.	nevanhu vasina kushandiswa kudzokorora. Kuderedzwa kwenguva yaitwa kunobva pakushandiswa kwezvinhu zvinobatsira pfungwa, mitemo yekufamba yemuviri, uye kuongororwa kwezvidiki zvepakutanga zvakagadzirirwa vanhu vane kushandiswa.	mumuviri inogona kuzvipa simba zvakagadzirwa pakutanga. Yoga yaiva isina kukonzera chinhu pavhiki rekutanga, ikozvino iri kupa zvaanofanira kuita yoga - nekuti iyo system yekubatsira yakadzorerwa zvakakwana kuti iibvumire.

IV.1 — Zvaunofanira Kuzvitaura Kana Ukanzwa Sekuti Hapana Zviri Kuitika.

Chishanduko chinonyanya kukosha chemunhu anoshandisa iyi nhamba munguva yekutanga ndeyekutarisa zvazviri: zvinenge zvisina musiyano kwenguva pfupi. Kwete nguva yose. Nguva yakatarwa, inogona kwanisika, uye yakapedzwa, iyo inofanirwa nehuwandu hwekukanganiswa kwako pakutanga uye nemamiriro ekushandisa ehumbamwo iwe unoshandisa.

KADHATI YEKUTENDERA NECHOKWAIWA.

Vhiki 1-4: Kunenge zvakaita sekuti basa risina mubvunzo. Zvinodhaka zvaunoderedza zvenge mananga. Maitiro ekurara anenge akaita sekushanda. Izvi ndezvekuchena. Dhizaini yekubatsira inogona kuziva kuti izvi zvakanakisa, asi iri kushandiswa kugadzirisa. Hausazonzwa kugadziriswa kwacho paunenge uchifamba, kungakadaro usina kunzwa kana marope akangobatanidzwa.

Vhiki 4-8: Chimwe chinhu chinoshanduka. Hakusi shanduko huru - asi kunzwa kwekusavapo kunodarika zvishoma. Kufamba, kwaiva sekuita basa risina musoro, kunenge kwava nemusoro zvishoma. Noopept inogona kuita kuti uve nechokwadi chepfungwa chaunenge usina kuziva kubvira apo chidiki chakanga chasvikisa. Kurara kunenge kuchinzwa sekurara kwechaizvo.

Vhiki re8-12: Mutsigiri we mubayiro unobva watanga kuziva. Kufamba kweanokwanana nemaminiti gumi kwaunenge waunganidza zuwa rega rega kunenge, zvishoma nezvishoma, kuchinja kuita chinhu chaunoda kudaro pane chinhu chaunenge uchiita nekuda kwemaitiro. Izvi zvinoreva kuti huwandu hwezviratidzira zveD2 hunenge hutanga kuvandudza. Iri ndiyo nguva iyo nhau dzinotaura apo dzichiti 'mavhiki makumi masere ekufamba.' Uri pano. Yakatora nguva yakareba. Wainge washanduka kubva panzvimbo hombe.

Mwedzi we3-6: Bhodhoro hunenge husingori basa, asi chinhu chinonakidza. Kuenda

kufamba zuva nezuva kunenge kuenda kufamba chete. Noopept inenge chishandiso chinoshanda zvakanaka pakufunga. Kumedhitera kunenge kuchinja uye kunounzwa runyararo, kwete kungofanira kuzorara chete. Dhikiri ye yoga inounza chinhu. Kwete chinhu chakadai sezvaunozviona uchifamba nemumwe munhu ane hunyanzvi. Asi chinhu chendamu. Chinhu chaunonzi "chine."

Munhu akadzamara pavhiki rechipiri nekuti haana kuziva chinhu, haana kusadzikiswa. Akaratidzirwa mashoko asinganyatsopo. Akaratidzwa nguva yekuita zvinangwa yemunhu asati apenha. Iri kadhi ndeimashoko anonyaradza. Unogona kuramba uchifamba kana ukaona kuti hauna kuziva chinhu. Saka, izvozvo ndizvo zvaunofanira kuita.

Hauna kukakavara. Unotanga kubva panzvimbo yakasiyana. Nguva yekuita zvinhu inosiyana. Chikonzero chekupi chaunenge uchienda chinozviripo.